

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

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Photos by Lance Cpl. Brian A. Marion

Competitors in the 3rd Marine Regiment 2nd Annual 3rd Marines Bodysurfing Competition launch themselves into a wave to try to ride it and earn points toward their score.



Competitors received their scores based on several factors including techniques like the barrel roll during the 2nd Annual 3rd Marines Bodysurfing Championship at Pyramid Rock Beach.

Bodysurfing championship begins at Pyramid Rock

Lance Cpl. Brian A. Marion

Combat Correspondent

The weather was sunny as 3rd Marine Regiment started its 2nd Annual 3rd Marines Bodysurfing Championship at Pyramid Rock Beach here, 7 a.m. to 1 p.m. Saturday.

Bodysurfing is the sport of surfing without any floatation devices such as a surfboard or body board.

About 150 competitors participated in six categories: men 18 and under, men 19-25, men 26-34, men 35-49, men 50 and older and the women's open divisions.

The competitors wore different colored swimming caps for the judges to recognize them.

A panel of eight judges scored each round of challengers based on how high they got on the wave, how long they rode the wave, the types of maneuvers they did and the tube time.

"The surfers were scored in different categories to see how well they could handle each wave," said Kari Hemund, aquatics coordinator, Marine Corps Community Services. "They could surf a total of 10 waves, with their best three waves being scored."

The championships started with the

18 and under division showing their skills in the water. Using nothing but a pair of fins they swam away from the beach and, using their bodies, adjusted themselves, and did barrel rolls and other techniques for the judges and spectators to enjoy.

There were only a few changes to this year's championships from last year's. They provided scout seating, seating on a raised platform in order to see better, for the judges to sit in, and decided to give awards to the top six places in each category.

See BODYSURFING, C-6



Photos by Lance Cpl. Achilles Tsantarliotis

Donnie Thompson aims for a spare during the 2008 Armed Forces Bowling Tournament at Schofield Barracks Friday.

Marine takes first place in men's singles bowling tournament

Lance Cpl. Achilles Tsantarliotis

Combat Correspondent

SCHOFIELD BARRACKS, Hawaii — The Annual 2008 Armed Forces Bowling Tournament finished its four-day competition with a singles face-off Friday, here.

Donnie Thompson, All Marine Team, took first place in men's singles for the second year in a row, averaging 227. His highest game, 279, was the highest game of all the competitors in the tournament. Thompson placed sec-

ond overall for the men and will compete in Las Vegas for a spot on Team USA.

"I knew I needed it," said Thompson, who's bowled for roughly 30 years. "This is the most focused game I've had all week. I'm too excited right now to even think; I just wanted to shoot big."

The Navy swept up victories in men's mixed doubles, doubles and team challenge, while the Air Force came in a close second, with the Army trailing in third place. The Air Force took first in women's doubles and team challenge.

Bowlers from each branch came to the tournament to compete against the other services and hopefully win a spot on the Team U.S.A Bowling Team, a reward offered to the tournament's best player.

"We hosted the Army and Navy tryouts here last week and this week they're ready to play," said Peter Burke, sport office, Schofield Barracks. "It's going to be tough, I'm sure. This is also the first time hosting the bowling tournament here."

The All Marine Team

played to win, but with fierce competition and heavily oiled tournament alleys, they knew it wouldn't come easy.

"We're trying to win, but because of a tough beginning were at least trying for second," said Rob Flack, coach, All Marine Bowling Team. "It's definitely going to be tough though. We have some good competition and the floors are heavily oiled for the tournament. It makes it a lot more difficult to control the ball, and some of the guys aren't

See BOWLING, C-6

Soccer way of life for Sailor

Lance Cpl. Ronald W. Stauffer

Combat Correspondent

Soccer is a sport for most, but for some it's a way of life.

For Petty Officer 2nd Class Jerry "Jay" Reynard, computer technician for Commander, Submarine Force, U.S. Pacific Fleet, Naval Base Pearl Harbor, it has been just that, even before he joined the Navy.

Reynard, a 28 year-old Miami native, said he's played the game his whole life and played for numerous organizations like Palm Beach Atlantic College, the F.C. Striker club in Florida and for Olympic Development, before he began his military career.

"Going into the Navy, I knew I could play soccer," Reynard said. "I knew it would allow me to travel while I played, and doors and opportunities would open up along with my job in the Navy."

He joined the Navy in 2000 and has succeeded in furthering his soccer career during his enlistment.

See SOCCER, C-7



Photos by Ronald W. Stauffer

Jay Reynard, striker, Marine Corps Base Hawaii Varsity Soccer Team, said he has played soccer his entire life, and the sport is a way of life.

ONGOING SPORTS BRIEFS

Goju-Kan Karate

Aspiring martial artists can participate in Goju-kan Karate Monday, Wednesday and Friday at 5:30 p.m. at Building 1090's multi-purpose room (the old Base Chapel).
Sign up at Youth Activities, or call 254-7610 for more information.

Youth Gymnastics/Dance Class

Youth of all ages can attend gymnastics and a variety of dance classes Monday through Saturday at Building 1090. Classes are at varying times in the morning, afternoon and evening, so interested parents and youth should stop by Youth Activities for more information. Classes include dance, hula, tumbling and more.
For more information, call 254-7610.

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.
For more information, ccall 664-0184.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.
Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.
For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.
Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.
For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.
Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.
For more information or to schedule an appointment, call 265-4283.

K-Bay Lanes Color Pin Special

Every Thursday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!
For more information, contact K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regimen, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.
You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.
They will do all this and tailor a program, based on your physical needs and ambitions.
For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.
Pick up a personal training appointment card at the Semper Fit Center now.
For more information, contact the Semper Fit Center at 254-7597.

Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes include a variety of workouts.
The class schedule for Fridays is as follows:

8:45 to 10 a.m.
Step Challenge

11:45 a.m. to 12:15 p.m.
Gut Cut

4:45 to 5:45 p.m.
Cycling

5:45 to 6:45 p.m.
Pilates

7 to 9 p.m.
Aikido



Photos by Sgt. Scott Whittington

Eric Henzler, Hustler linebacker, snaps the flag off a SOC PAC receiver during the intramural flag football championship game at Bordelon Field here Jan. 10. The Hustlers won the championship trophy.

Hustlers exact revenge with championship victory

Cpl. R. Drew Hendricks
U.S. Marine Corps Forces, Pacific

CAMP H.M. SMITH, Hawaii — The Hustlers earned victory, revenge and a championship trophy by beating their rival SOC PAC in the Camp Smith Intramural Flag-Football Championship 15-6 here today.

Both teams had been waiting and preparing for this rematch after SOC PAC handed the Hustlers their only loss early in the regular season.

This victory gave the Hustlers a 6-1 record for the season ending it on a high note.

"We took home the trophy – if that tells you anything," said Paul Bowman, Hustlerswide receiver, when asked how he thought the game went.

SOC PAC didn't just hand the win over to the Hustlers. They made them work for it.

Good coverage by their secondary kept the usually high-scoring Hustlers game down to a minimum. It was secondary player Van Woodruff's key interception and subsequent touchdown that kept SOC PAC from being shut out.

Ultimately the Hustlers' offensive superiority could not be completely stopped. Eric Henzler, Hustlers' go-to wide receiver had a great game with several 30-40-yard kick returns and the first touchdown of the game. Anthony Taylor, Hustlers' running back, put up six points after a blazing run to the corner of the end zone.



Mitchell Oshkeshequoam, Hustlers wide reciever, jets past a SOC PAC defender to pick up the first down.

An error by SOC PAC's offense also helped bolster the Hustlers' score by two points. Only a few yards from their goal line, a botched snap ended up in the end zone, resulting in a safety.

Unlike normal football, the rules of this flag-football league state that when a ball is fumbled it is a dead ball on the spot it is dropped.

In the final minutes of the game, the Hustlers' offense began to wane and SOC PAC was quick to take advantage. Their defense pressed hard and was able to hold the Hustlers.

Their offense pressed even harder and began to push down field with short but effective passes. In the end, the Hustlers' defense would only bend – not break.

Bowman brought down an interception, putting the ball back in the Hustlers' hands, who then bled the clock for time, ending and



Paul Bowman, Hustlers safety, runs back an interception during the intramural flag football championship game at Bordelon Field Jan. 10. The Hustlers won the game 15-6.

winning the game.

A lack of interest prevented a flag-football league from starting in four years here.

Now the Hustlers will go down in the books as the resurrected league's first champion.

Help available to quit smoking

Ed Keating

*Hawaii Multi-Service Market
Management Office*

Few civilian healthcare plans can compare to the free tobacco cessation benefit offered by the military services for Department of Defense's military health system beneficiaries. Each Oahu medical treatment facility offers a tobacco cessation program comprised of classroom education and pharmacy support to ease the side effects of nicotine withdrawal.

All tobacco cessation programs are administered in accordance with the American Cancer Society's Fresh Start Program and provide education on behavioral modification techniques to help individuals to overcome the effects of tobacco use.

The Hawaii military treatment facilities recently added a relatively new medication, Varenicline (Chantix) to their formulary for beneficiaries enrolled in a smoking cessation program. In clinical trails patients treated with Varenicline were more successful than patients treated with Zyban.

This medication stimulates brain receptors to release dopamine while at the same time blocking activation of these



File photo

receptors by nicotine. Based on poor long term success by pharmacological intervention alone, the use of this medication is limited to beneficiaries participating in a formal tobacco cessation program.

A formal program has been found to assist beneficiaries in employing effective behavior modification and coping strategies via a group support environment increasing long-term success in kicking the tobacco habit. In addition to Varenicline, Zyban and nicotine replacement therapy are options for some individuals

who participate in formal programs.

All military health system beneficiaries regardless of service affiliation or TRICARE program (Prime, Standard or TRICARE for Life) are authorized to enroll in tobacco cessation programs at military treatment facilities.

For additional information on schedules or class location, please contact any of the following health promotion departments: Naval Health Clinic Hawaii at 473-1880, ext. 2282/2283; Tripler Army Medical Center at 433-1498; Schofield Barracks Clinic at 433-8675; or Hickam Air Force Base Health and Wellness Center at 448-6170.

SPOTLIGHT ON SPORTS

—SPORTS BRIEFS—

Intramural Basketball

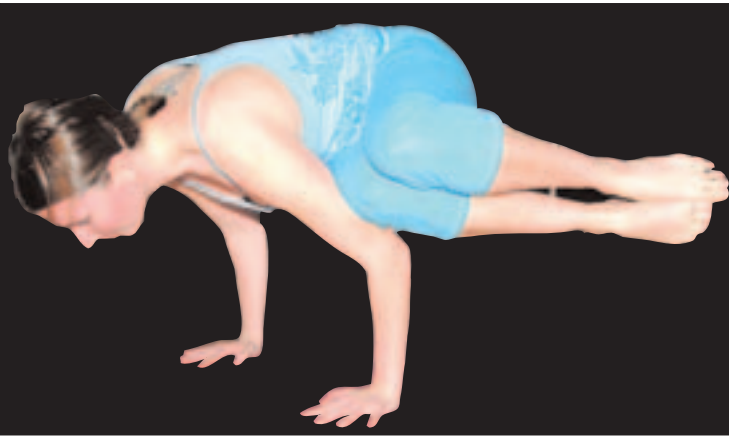
The new season starts today at the Semper Fit Center at 6:30 p.m. Games will be Monday, Tuesday, Wednesday and Friday at 6:30, 7:30 and 8:30 p.m.

For more information, call Joe Au at 254-7591.

MLK 3-on-3 Basketball

The Dr. Martin Luther King, Jr. 3-on-3 Basketball Tournament is Monday from 7:30 a.m. to 5 p.m. at the Semper Fit Center. Three-person teams (maximum of five players) will compete in a double-elimination basketball tournament. The event is open to all military ID card holders 18 and older. There's also a three-point shoot-out competition at 11 a.m., with a \$5 entry fee.

For more information, call Meghan Brophy at 254-7590.



Need a flexible workout?

Sign up for Semper Fit's PiYO class! Each session fuses Yoga and Pilates exercises for a well-balanced fitness regimen. Classes are Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m. For more information, call 254-7597.

Semper Fit offers group classes



Group exercise classes are available at Semper Fit Center! Keep in shape with one of several training sessions that work out all your body areas. Classes at the center include:

Glutes to the Max

Unmush your tush with this intense glute workout. Get rid of the granny fanny with exercises for the hips and butt as you tone with weights, the exercise ball and resistance bands. To top it all off there will be a short ab workout and some stretching after your glutes have been pushed to the max.

Stretch

Reach for your toes in this class. Tired of having someone else scratch your back? Time to limber up. A class working on

getting back the flexibility you once had or just stretching out those over worked muscles. This class is great way to reduce your chances of getting injured from tight muscles.

Yoga

Stretch your mind and your workout in this conditioning class. Learn how to be more fit, flexible and ease all your daily stress.

Ask about discounts for active-duty members. For more information, call 254-7597.



Wrestle your way to the top!

Join the All-Marine Wrestling Team. Get a lock on a good thing today!

The deadline to apply is Feb. 1. For more information, call 254-7597.



Cover the world in paint!

Aim for a fun time with friends! Open Saturdays and Sundays from 9 a.m. to 5 p.m.

For more information, call 265-4283



Be cool at the Base Pool!

Winter hours

Open Swim
Tuesday through Friday 1 to 5 p.m.
Saturday and Sunday Noon to 5 p.m.

Adult Lap Swim
Tuesday through Friday 11 a.m. to 1 p.m.
Saturday and Sunday lanes available Noon to 5 p.m.
The pool is closed on Monday.
Swim lessons will be available for infants to adults in March 2008.
Lessons are open to all active duty, family members and DoD employees.
For more information about hours of operation or times available for lessons, call Dino Leonard at 254-7655.

HEALTH AND WELLNESS

Maternal distress raises risk of childhood asthma



File photo

Study finds moms with persistent depression, anxiety more likely to have children with airway disease

Serena Gordon
HealthDay Reporter

Children born to mothers who have persistent depression or anxiety have an increased risk of developing asthma, new research suggests.

Canadian researchers report a 25 percent increase in the odds of asthma for children who are exposed to maternal distress from birth to age 7. No such association was found for short-lasting maternal distress, such as postpartum depression.

"Asthma is a multi-factorial disease, and we've identified one possible factor that might be associated with its development," said study author Anita Kozyrskyj, an associate professor in the faculty of pharmacy at the University of Manitoba in Winnipeg, Canada. "I think the good thing is that this is a risk factor that can be prevented."

The findings are published in the second January issue of the American Journal of Respiratory and Critical Care Medicine.

About 20 million Americans, including 9 million children, have asthma, according to the American Academy of Allergy, Asthma & Immunology. The exact cause of asthma remains unknown, but researchers have found many factors that can contribute to the develop-

ment of the disease, such as a family history, exposure to secondhand smoke, and other environmental triggers.

Because the rise in the incidence of asthma seemed to parallel an increase in the amount of chronic stress experienced by women in general, and because other research suggested a possible link between asthma and maternal distress, Kozyrskyj and her colleagues reviewed the medical records of almost 14,000 children in Manitoba, from birth to age 7.

Asthma status was defined by having had at least two doctor visits for asthma, one asthma hospitalization or two or more prescriptions for asthma medication. Maternal distress was defined as having a doctor visit, hospitalization or prescription for depression or anxiety during the child's first year of life and beyond.

Almost one in five children included in this study was exposed to maternal distress during their first year of life, according to the study. The prevalence of asthma for the whole study population was 6.6 percent.

After adjusting the data for certain known risk factors, such as a maternal history of asthma, living in an urban area, antibiotic use and more, the researchers found a 25 percent

higher risk of asthma in children whose mothers had longstanding depression or anxiety.

Interestingly, the researchers also noted that persistent maternal distress was associated with a 44 percent greater likelihood of childhood asthma in high-income households compared to those in low-income households.

Kozyrskyj said the researchers "don't completely understand this association," and can only speculate as to how maternal distress might increase the risk of asthma. Some possible theories are that mothers who are depressed or anxious may smoke more, breast-feed less, and may not pay as much attention to their offspring, any of which could contribute to the development of asthma.

Others aren't so sure about the importance of maternal distress in asthma.

"There may be something to this. I wouldn't dismiss it, but I wouldn't say this is a cause of asthma. An association doesn't mean cause and effect. This is just one more aspect of a child's environment that needs to be looked at," said Dr. Jennifer Appleyard, section chief of allergy and immunology at St. John Hospital and Medical Center in Detroit.

"There are so many variables that this really needs to be looked at in a much more controlled study," she said, adding that it would be interesting to also include the father and any other primary caregivers in any future analysis.

K-Bay Clinic weekend, holiday healthcare services consolidated

Susan Schultz
Naval Health Clinic Hawaii

Naval Health Clinic Hawaii will consolidate Kaneohe Bay Branch Health Clinic health care services on weekends and holidays to Makalapa BHC Feb. 1. This allows expanded services during the week when beneficiaries enrolled to Kaneohe Bay BHC indicate they want them most.

The NHCH meets beneficiaries' needs based on feedback and data on population health and utilization. The NHCH's review of when beneficiaries most want access to health care services at Kaneohe Bay BHC showed an overwhelming use of weekday appointments versus weekend appointments. The consolidation of weekend and holiday health care services improves the overall access to quality care provided to Kaneohe Bay BHC beneficiaries. Releasing underutilized coverage on weekend and holiday watches translates to 10 hours of additional support during weekdays, which increases weekday

access for Kaneohe Bay BHC beneficiaries. In addition, beneficiaries should notice faster processing of prescriptions at the Kaneohe Bay pharmacy and more flexibility of the pharmacy to remain open through the lunch hour.

Beneficiaries can schedule upcoming and same day family medicine and pediatric appointments during the weekend as follows: Saturdays, Sundays and holidays between 8:00 a.m. and 4 p.m., call NHCH Central Appointments at (808) 473-0247. To make appointments online, log on to <http://www.tricareonline.com> and click on the link under "My Health."

In addition, NHCH has an after-hours provider advice line, which lets beneficiaries speak with a medical provider anytime the clinics are closed. This service is accessed by calling (808) 473-0247, ext. 3. You will be given the option to speak with an answering service who will contact an after-hours provider. The provider will return your call within the hour. Be aware that the provider has no access to labs, x-rays, appointments or medical records.



File photo

NHCH is committed to providing quality health care in an environment safe for patients and staff. Let NHCH know about your health care experience or how you think we can improve the way we provide health care services by logging on to <http://ice.disa.mil> or visiting an Interactive Customer Evaluation (ICE) kiosk at one of the clinics.



HEALTH AND WELLNESS

MCCS New Parent Support Program

What can it do for me?

Cherie Dewar
LIFELines

You are six months pregnant, and you start to realize that there is much to learn in preparation for the biggest adventure of your life. Also, you are not stationed near family whom you would normally turn to for advice, support, and companionship.

The New Parent Support Program can fulfill this role through wonderful classes, playgroups, and private home visits by a professional to help you with your concerns as a parent. Marine Corps Community Services runs the New Parent Support Program aboard Marine Corps Base Hawaii. To learn more about the program or schedule a class, visit Diane Corlin in Building 216, or call 257-8800.

Participation in the NPSP is com-

pletely voluntary, all services and classes are free, and the program is available to retirees and everyone stationed on a base who is expecting a child, or has a child under age 6.

Reservist families are eligible for the services, except for home visits. The NPSP is a professional team of social workers, family therapists, and nurses whose goals, just to name a few, are to help you be more confident as a parent, make parenting fun, and improve communication between you and your spouse.

Classes

Classes vary, but NPSP prepares parents with a Baby Boot Camp prenatal class. This class may be for the mom and dad together, or separately.

A new parent may have questions such as How do I change my baby's diaper? What first aid supplies



File photo

should I have? How do I soothe a crying baby? And, how can I best play with my baby as she develops mentally and physically? These questions can be answered in the prenatal classes. Parents with other children can take the class to remind themselves of what to

expect, and learn how a new baby may affect the rest of the family.

The NPSP may also offer effective parenting classes for toddlers on up, covering areas such as toilet training, language development, and discipline tips.

Home Visits

NPSP home visitors work one on one with families to enhance their parenting skills and provide needed support. They will listen to your concerns, plan with you the best course of action, and set a timetable to accomplish your goals. It is best if both parents are present during home visits, which are scheduled at the convenience of the family. They can address parenting topics as well as issues between adults that affect how well they parent, such as presenting a united front to the children.

Playgroups

Some NPSP programs organize

weekly get-togethers for children and parents. You can spend this time doing crafts with your child or playing in a park, and it's a great way to meet new friends.

Parent Preparation Resources

The Navy-Marine Corps Relief Society presents a Budgeting for Baby class to make service members and their families aware of the increased living expenses that come with a new baby, and discuss effective ways to adjust spending and savings habits. After completing the class, the family receives a free layette "Junior Sea Bag" with baby supplies. The NMCRS also has a visiting nurse program in some areas.

Some Navy hospitals present prenatal classes, and MCCS Family Team Building may have classes that cover ages beyond the NPSP.

Take advantage of these marvelous programs to prepare for the hardest job you'll ever love — parenting.

Does addiction treatment work?

Janet Firshein
Public Broadcast Station

Wendy took her first drink at age 12 and was a full-fledged alcoholic, she says, by 16. By the time she first sought treatment, in her twenties, she had spent ten years, or nearly half her life, addicted to alcohol and heroin. She had dropped out of school, nearly been killed in a drunken, four-story fall, and lived only to drink and drug. And even after she got clean and sober in treatment and spent seven years in recovery, her struggle with drugs and alcohol wasn't over. As many recovering addicts and alcoholics do, she relapsed, and had to undergo a more intensive, residential treatment program to get clean again.

But since that second treatment episode, 14 years ago, Wendy hasn't had a single drink of alcohol or taken any illicit drug. Even though she had to do it twice, she says, "Treatment works. [It] taught me the truth about my disease and the truth about what I need to do to stay sober."

Today, Wendy is a senior counselor herself at a drug rehabilitation center in New York, living a drug-free life that she says finally has meaning.

Changing Public Perceptions

Despite success stories like Wendy's, however, attitudes toward addiction treatment often remain skeptical. According to a just-released report from the National Academy of Sciences, "one of the most enduring myths about addiction is that treatment for these disorders is ineffective."

"It's a phenomenon that's been frustrating to me, because we have studies that have been done for years and years showing that between thirty and sixty percent of [addicted] people are able to get into recovery after any treatment," says Patricia Owen, Ph.D., director of the Butler Center for Research and Education at the Hazelden Institute in Center City, Minnesota. "Unfortunately, we [only] see the people who don't make it. Recovering people are invisible because they're functioning so well in society ... but active addicts and alcoholics are quite visible."

Another reason why this myth continues is that people unfamiliar with the dis-

ease of addiction tend to believe that an addicted person can and should remain entirely abstinent for the rest of his or her life after a single treatment episode, says A. Thomas McLellan, a professor at the Center for Studies of Addiction at the University of Pennsylvania School of Medicine in Philadelphia.

More often, an addicted person will relapse once or more after treatment, perhaps punctuating periods of sobriety with "slips" back into chemical use; or will reduce instead of entirely eliminating his or her substance use. (McLellan says the treatment

community bears some responsibility for its own reputation for "failure," because it has sometimes perpetuated the perception that the only successful patient is one who manages permanent abstinence after treatment.)

"We don't have a 'cure' for hypertension, diabetes, or asthma either, but you don't hear the world talking about how ineffective treatments [for those disorders] are," McLellan says. A study by the National Institute on Drug Abuse, one of the federal National Institutes of Health, found that 40 to 50 percent of patients receiving drug

treatment did remain abstinent three to five years later (the duration of the study), and another 30 percent significantly reduced their drug consumption.

Moreover, McLellan notes, what people really want addiction treatment to accomplish is not just to reduce illicit drug and/or alcohol use, but to improve the addict's social functioning and health and to end such addiction-related problems as crime, family disruption, and high insurance costs. Effective substance abuse treatment, he says, can deliver on that. Studies have found that every dollar spent on substance abuse treatment produces at least seven dol-

lars' worth of savings in terms of health care costs, increased productivity, and reductions in accidents. Minnesota, for example, reported that the state saved \$22 million in annual health care costs by providing treatment to chemically dependent clients.

And while some believe that the solution to drug-related crime problems is locking up addicted people, not treating them, McLellan says studies have shown that incarceration merely postpones a return to substance abuse and more crime. He did a study that compared naltrexone, a medication used to treat opiate and alcohol dependence, with stricter punishment, to see which

had a bigger effect on addicts' return to crime. One group of addicted prisoners received standard probation, another received twice the amount of probation, and a third group got standard probation plus substance abuse treatment with naltrexone and counseling. Sixty percent of those who had double the usual probation were re-arrested and reincarcerated within a year after completing probation, versus only 23 percent of those receiving naltrexone.

"Twice the criminal[-justice] effort was not as effective as simply adding substance abuse treatment to standard probation," McLellan says.



Bodysurfing is where people surf without the aid of a surfboard or body board. Third Marine Regiment hosted its 2nd Annual 3rd Marines Bodysurfing Championships Saturday at Pyramid Rock Beach.

BODYSURFING, from C-1

The winners in each category receive a wooden koa bowl, a wooden poi pounder and either gift certificates or t-shirts from the event's sponsors. Second through sixth places also receive wooden koa bowls of varying sizes.

"We haven't worked out all the

details of what the winners will get besides the koa bowls and poi pounders," Mercier said.

All proceeds from the competition go to 3rd Marines' Wounded Warrior program.

"They are still part of our family," Mercier said. "We want to help our brothers any way we can."

People can also donate to the

Wounded Warriors through MCCS or the Armed Services YMCA, by calling 473-3398, or by mail at ASYMCA, 1057 N. Road, Honolulu, HI 96818.

The semifinals and finals of the championship are at Pyramid Rock Beach Saturday at 7 a.m. Last Sunday's bodysurfing was cancelled due to heavy surf.

"We should be getting some

decent wind and be able to have some nice championship rounds [Saturday]," Mercier said.

The championship is sanctioned by the Hawaii State Bodysurfing Association, who " ... promote awareness, safety, understanding and responsibility in Hawaii, by providing opportunities for the education of its members and the general pub-

lic in all aspects of bodysurfing. This includes conservation and stewardship of the ocean while maintaining the highest ethical standards with respect to Hawaii's ... ecosystem."

For more information about HSBA or any upcoming sanctioned events, visit their Web site at http://groups.msn.com/Pipeline2001Classic/_whatsnew.msnw.



Kristin Horsley approaches the lane during the 2008 Armed Forces Bowling Tournament. The tournament sent the top bowlers to Las Vegas for a chance to play for Team U.S.A.

BOWLING, from C-1

doing too well with it."

Although the Marine Bowling Team had a full roster for the men's competition, the women's team was playing with only two competitors.

Despite natural rivalries between the different branches, opponents enjoyed each other, displaying ideal sportsmanship and even complimenting one another on well-bowled frames.

"Most of the females are deployed, so we don't have a full team," said Portia Knight, competitor, All Marine Bowling Team. "But it went well, everyone had fun and we did a lot better than last year. I really enjoy the camaraderie we have here. We don't get together with the other services very often, and it's a lot of fun having a friendly competition."

Marines interested in applying for the team next year, who can hold their own on the lanes, can call Marine Corps Community Services sports office at 254-7636.



Horsley sends the ball on its way during the 2008 Armed Forces Bowling Tournament. The tournament had a team challenge, doubles competition, mixed doubles competition and singles competition.

SOCCKER, from C-1

While at his first duty station in Diego Garcia, he had the opportunity to play with the Britain Mauritians and shortly after submitted an application to play for the All Navy team.

“I thought it would be a great experience for me to play with other talented players, but because I was on isolation duty, I was told I couldn’t go,” Reynard said.

After moving to his next duty station in Italy, he was back in the game representing the Navy, playing for the American team in the NATO league. Once again he submitted his second application for the All Navy team and was accepted in 2005.

Reynard said he met other players from all over the Navy and gained a greater appreciation for the game, the other highly skilled players and the different styles of play.

After playing with the All Navy team for a season, Jay moved again.

“When I got to Pearl Harbor in 2006, I jumped on the opportunity to play for the intramural soccer league, and then I got introduced to the base team at Kaneohe Bay,” Reynard said.

Reynard played for his intramural team for two years, seeing the championship game both years and taking home the championship trophy for 2007 playing for Anti-Submarine Helicopter Squadron Light 37.

“I was asked to play for the Marine Corps Base Hawaii varsity soccer team last year, but declined,” Reynard said.

He now plays for the MCBH varsity soccer team and attended the West Coast Regional Soccer Tournament at Marine Corps Air Station, Yuma, Jan. 4 to 8.

The team took fourth place in a field of seven other Marine Corps Base teams from the West Coast.

“I’m here to fill my role, do my part and not let my team down,” Reynard said. “I’m a goal scorer and wanted to support the team in winning the championships.”

Lance Cpl. Daniel Hull, administration clerk, Installation Personnel Administration Center, Headquarters Battalion, a fellow team member, said Reynard is

a good player, knows how the game is played and that’s what makes a great soccer player.

“He knows where he needs to be and has good footwork,” Hull said. “He’s a good asset to the team, putting the ball in the goal and you need goals to win the game.”

Reynard was selected to try out for the All Marine team

after the tournament, but said because of being in the Navy and not having the proper forms filled out, he would be unable to attend.

Reynard said he will continue playing soccer next year and many more to come.

He hopes to play harder, score more goals, and bring home the first place trophy

next year and expects nothing less.

He’s also expecting to make the All Marine or All Navy team next season, but said he’s leaning more toward the Marine team.

“I like the way they make their selection and watch the way you play and see your skills on the field,” Reynard

said.

For some, sports are a way to stay fit or simply have a good time, but for players like Reynard, it’s something much more.

“This sport is everything to me and is my life,” Reynard said. “It’s not just a hobby, it’s like blood, sweat and tears or God, family and soccer.”



Jay Reynard (center), striker, Marine Corps Base Hawaii, is helped off the field after colliding with an opposing player, during the West Coast Regional Soccer Tournament at Marine Corps Air Station, Yuma, Ariz., Jan. 8.

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AROUND THE CORPS

Barstow Marine wins Super Bowl trip in MCCA Football Bash promotion

Press Release

Marine Corps Community Services

QUANTICO, Va. — Sergeant Major Richard Rush, from Marine Corps Logistics Base, Barstow, was the lucky winner of the 2007 Marine Corps Community Services Football Bash Grand Prize – a five day/four night, all expense paid trip for two to Phoenix for Super Bowl XLII, valued at more than \$7,500.

This fall, MCCA clubs and restaurants across the Corps sponsored the MCCA Football Bash to get Marines into MCCA facilities for a little fun, camaraderie and football.

In all, MCCA club and restaurant patrons submitted more than 60,000 raffle entries. Official event sponsors included AT&T, Samuel Adams, Tyson Foods and Weber-Stephen Products Company.

Coca-Cola, North America, EA Sports, and the Phoenix Cardinals also contributed prizes for the promotion.

As the winner of an installation Football Bash raffle, Rush was eligible for a one in 21 chance at the grand prize. He won the main raffle Dec. 14.

Rush now has two tickets to Super Bowl XLII, airfare, four nights lodging, an autographed Phoenix Cardinals football, a Samuel Adams golf bag and \$500 spending money.


Jackie Mitchell, from Marine Corps Logistics Base, Albany, won the second place prize of \$1,000, a Samuel Adams Pop-a-shot Basketball Game and a Coca-Cola fleece blanket.

Captain Rollin Steele, from Marine Barracks Washington, won the third place prize of \$500, a Boston Beer Company rolling duffle bag and a Coca-Cola watch.



Courtesy photo

Sergeant Maj. James R. Futrell, Marine Corps Combat Development Center Sergeant Major, and Nancy Pasternack, catering and event specialist, Personnel and Family Readiness Division, Headquarters Marine Corps, draw the winning ticket in the 2007 Marine Corps Community Service Football Bash.




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